## Crown Chakra 1st Gate

Tone: B

Frequency: 480 Hz.

Zodiac: Pisces
Color: Magenta

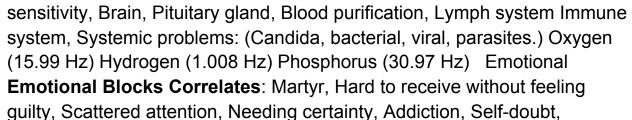
Chakra: Crown - Sahasrana

Vowel: EEE (as in "me")

Bija: Om Element: All

**Physical Correlates:** Electrical body,

Nervous system, Subtle circulation, Hands and feet, Sleep cycle, Sugar



Spiritual distress, Pessimism, Closed-mindedness, Spiritual bypassing, Disconnection from the body, Living in fantasy, Gullibility, Monkey mind,

Dysfunctional patterning

Shabd Sound: Om

**Energy:** Transcendence, Bridge between the physical and the formless, Limitlessness, Presents, Higher states of consciousness, Conceptualization, Bliss, Spiritual Awakening, Liberation of limiting patterns, Wisdom **Mantra** *Om Para Shakti Namaha* Sanskrit mantra as given by Amritanandamayi for awakening creative fire. Om (carries the Divine in vibrational form) Para (highest or transcendent) Shakti (power or

empowerment).

